

May 1, 2009

Dear Parents and Authorized Representatives,

As you know, we are confronting a challenging situation in the outbreak of swine flu across the country and internationally. Currently Virginia has confirmed cases of the swine influenza. The training center has a Pandemic Flu Response Committee which has developed a pandemic preparedness plan based on recommendations from the Department of Health and Human Services and the World Health Organization. For the purposes of review for some and information for others: A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person to person, causes serious illness, and can sweep across the country and around the world in very short time.

Our plan at Southeastern is extensive and covers every phrase of the pandemic periods. It is our plan to keep you informed but we ask that you stay abreast of this challenge through www.cdc.gov/swineflu or www.vdh.virginia.gov web sites or contact your local health department.

We are encouraging health care workers, parents, guardians and family members if you have been in contact with someone who has had the "flu" or have had the "flu" yourself please do not go to work or visit your family member while you are ill. The following are signs/symptoms of influenza "flu":

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting and diarrhea

In addition take steps to help avoid getting or spreading flu germs:

- Washing your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after use
- Staying home from work or school and limiting their contact with others to keep from infecting them
- Call your health care providers or local health department before seeking care so that the necessary infection control measures can be put in place
- Limit close contact with sick people

If you have any further questions please contact our emergency phone line at (757) 424-6723 or visit our web site <http://www.sevtc.dmhmrssas.virginia.gov/>. Thank you for your attention to this possible challenge.

Sincerely,

Robert D. Shrewsberry, Ph.D.
Director